80 screen-free activities
COOKING CAPERS

- Make a Sandwich Smorgasbord
- Help clean out the fridge & invent a new dish or make soup
- Invite family & friends over for a meal
- Bake cookies & punch
- Choose a country & research its foods at the library you can make for the family
- Pack a picnic
- Eat one of the family meals outside
- Prepare & serve snacks for dinner
• Declutter toys & clothes
• Donate or trade your unwanted cleaned clothes
• Hold a Toy Trade & Sale with your unwanted toys
• Clean & repair toys still played with or ready to hand off
• Take on a BIG Chore Challenge, like cleaning out the garage or hand polishing the furniture
• Yard Work: raking leaves, weeding, garden prep, planting seeds, dead-heading flowers, gathering veggies, watering
• Make & set up a Bird Feeder
• Make sturdy, weather-proof Plant & Herb signs
FAMILY FROLICS

- Work on a 500-piece puzzle together
- Place a giant family coloring page on the wall for periodic use
- Make fort-tents with sheets & blankets
- Draw a daily Family Cartoon together
- Family Bike Ride
- Family Game Night
- Family Talent Show
- Daily read aloud an above-level, voted-on chapter book
- Get out a pre-child photo album & share
BRAIN BUILDERS

- Organize your book collection
- Have a friends book exchange
- Read aloud with someone, taking turns reading pages or parts
- Have a Reading Picnic outside
- Organize, repair &/or write new rules for board games & play
- Build a city with blocks, Duplos, Legos, Lincoln Logs & Loose parts
- Play 20 Questions
- Pick a topic, research at the library & write a book about it
- Make a Nature Search Journal
- Do Science Experiments & record in a Science Lab Journal
- Write: story, play, poem, letters, lists, recipes, newsletter, cards
BODY BUILDERS

- Host a Backyard Olympics
- Skills & Drills Practice: passing, shooting, heading, trapping, dribbling, batting, catching, pitching
- Sprints: running, jumping, skipping, hopping, riding
- Outdoor Games: hopscotch, jump-rope, jacks, hide 'n seek, ball games, tag
- Create a Backyard Obstacle Course
- Park Play: swings, slide, climbers
- Archeology Dig w/ parents' permission
VISUAL & PERFORMING ARTS

- Sculpt a sculpture in clay, paper, foil, wire, nature elements
- Take photos
- Draw & Color on paper, sidewalk
- Write & perform a play
- Orate by heart a poem
- Do stand-up comedy
- Perform a magic act
- Dress up & give a performance
- Make music: sing, dance, compose & play an instrument
- Host an indoor Dance Party
- Engage others in a Not-So-Pretend Play scenario, like a Salon or Cafe or Art class
- Check out a Pottery Painting
- Check out a museum for classes
HANDMADE CRAFTS

- Make a sock puppet with odds & ends
- Make a nature mobile
- Decorate blank note & greeting cards
- Design & create a: poster, collage, announcement, sign
- Paper: origami, egg cartons, paper plates, paper bags, paper tubes, boxes, tissue, magazine pages,
- Recycle into Reuse: plastic, metal, chipboard
- Make your own paper
- Make celebration decorations
- Make cards & tags
- Make masks
COMMUNITY CHEER

- Go for a hike
- Go for a boat ride
- Go swimming
- Go to the park
- Go bowling
- Classes at the library
- Classes at Home Depot
- Classes at Park & Rec Center
- Classes at Nature or Pet stores
- Go to school play performances
- Decorate a bunch of lunch bags for Meals On Wheels
- Look into Volunteer opportunities
- Start & set up a neighborhood business: selling Trail Mix & Power Punch, Cookies, Cupcakes,
- Hold a car/bike/scooter wash